

# St Benedict's Catholic College



## Food Policy

<b>Date reviewed</b>	Autumn 2025
<b>Noted by governors</b>	November 2025
<b>Date of next review</b>	Autumn 2028

**St Benedict's Catholic College**  
**Food Policy**

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# **St Benedict's Catholic College**

## **Food Policy**

### **1. Introduction**

We value all members of the College community and seek to promote the health and well-being of all members as part of being an enjoyable place to work and learn. We recognise that food and nutrition form an important aspect of our health and well-being and thus contribute to all being able to learn effectively. We recognise that food and drink play an important role in our different cultures and for all of our emotional and social well-being.

We are committed to giving all our students consistent messages about all aspects of health to help them understand the impact of particular behaviours, and encourage them to take responsibility for the choices they make. We also support the notion that a little of a whole range of foods can be healthy, and that most things in moderation are fine, it is the balance that matters in the long term.

### **2. Rationale**

Our Food policy will encourage, reflect and build upon the values outlined in the National Curriculum, grounded in the national School Food Standards. Through effective leadership, the College ethos and the curriculum, we can bring together all elements of the College day to create an environment which supports a healthy lifestyle

### **3. Aims and Objectives**

- Improve the health of students, staff and their families by helping to influence their eating habits through increasing their knowledge and awareness of food issues; including what constitutes a healthy diet, hygienic food preparation and storage methods.
- Help our students acquire the skills and knowledge to make healthy choices and set a good example by offering healthy food and drink, across the College day.
- Ensure that food provision throughout the day is in line with current School food standards
- Ensure that all aspects of food and nutrition in College promote the health and wellbeing of students, staff and visitors to the College.
- Provide age appropriate knowledge and skills in order to make healthy choices.
- Tackle childhood obesity by educating our students about the importance of a balanced diet and healthy lifestyle.
- Encourage a healthy lifestyle outside College.
- Increase students' knowledge of food production, manufacturing, distribution and marketing. As well as informing them of the impact on both their health and the environment.
- Work with the Catering team leader to encourage students to make healthier choices.
- Work with the Catering team leader, students and parents to develop a healthy focus to mealtimes including lunch, break and breakfast times.
- Reduce the intake of salty, fatty and sugary foods.

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- Encourage experimentation with unfamiliar foods e.g. by having days focussing on foods from around the world/other cultures.
- Encourage the uptake of free school meals for those who are entitled.
- Ensure students are well nourished at College, and that every student has access to safe, tasty and nutritious food.
- Ensure that food provision in the College reflects the ethical and medical requirements of staff and students, e.g. religious, ethnic, vegetarian, medical and allergenic needs.
- Mealtimes should provide an opportunity for the development of social skills through the dining experience and encourage more young people to take a College lunch.
- Ensure that the teachers with responsibility for food/catering have basic food hygiene training.

#### **4. Food Served in College**

##### Breakfast

The College provides free buttered or plain toast for all students that would like it. This is a mixture of white, wholemeal and “best of both”.

##### Morning Break including snacks

Morning break plays an important role in College. It contributes to short-term health benefits by providing access to healthy food at break times. Our break time service offers a range of healthy choices including sandwiches, freshly prepared bread products, fruit, yoghurt and healthy drinks

We understand that snacks can be an important part of the diet of young people and can contribute positively towards a healthy, balanced diet.

We discourage the consumption of snacks high in fat and sugar, and recommend the consumption of the following

- Water
- Milk
- Fruit and vegetables
- Bread based snacks - wholemeal breads spread thinly with low fat spread, bread sticks or toast

##### Lunch

College meals should be nutritious, varied and appealing to students. For some students, their lunch in College may be the only freshly cooked meal of the day. Our meals will help create an interest in food by offering students a range of new food experiences. A variety of healthy, tasty and nutritious food is freshly prepared on a daily basis by our catering team and meets the National school food Standards.

We encourage all students to eat lunch and encourage free school meals students to use their daily entitlement to purchase a nutritious lunch.

Healthy options are promoted at lunchtime and we encourage the consumption of fruit and vegetables as part of the 5 a day initiative as much as is possible e.g. through the provision of salads and fruit desserts. We provide choices within the menus each day that meet or exceed the nutritional balance and healthy options as laid down by the government.

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Lunches offer the following food groups as part of each meal.

- Fruits and Vegetables, at least two portions daily.
- Meat, fish and non-dairy protein, daily.
- Starchy foods including bread, pasta, noodles, rice, potatoes, sweet potatoes etc.
- Milk and dairy produce, daily.
- Drinks should be plain (still) water, milk, or pure fruit juice.
- Manufactured meat products may only be offered once a fortnight.
- Deep fried products may only be offered a maximum of twice a week.
- Table salt is not to be available.

### Packed lunches

The College provides appropriate facilities for students eating packed lunches, and we ensure that free, fresh drinking water is available at all times. The College enables students eating packed lunches and students eating College lunches to sit together in the canteen, hall or outside facilities. To avoid spills and litter which are a trip hazard, students should not eat or drink in corridors or carry unpackaged food and drinks through the College

The College aims to work with parents to encourage packed lunches to meet the standards.

Should parents decide to send in a packed lunch from home, please note the following **recommended guidelines set out by the British Nutrition Foundation ([www.bda.uk.com](http://www.bda.uk.com))**

A lunch should include only the following:

- A 'good' portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad, tortilla wrap, bread sticks, chapattis, pitta pockets, fruit scone, malt loaf, fruited teacakes and rice cakes.
- Fresh fruit and vegetables, e.g. apple/orange/banana, melon slices, cherry tomatoes, carrots sticks, cucumber chunks, mini fruit chunks, dried fruits such as raisins, apricots or small tins of fruit in juice NOT syrup.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink - fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured), yoghurt drinks, fruit or veg. smoothies.

**Parents are advised to include an ice pack.** Food products, prepared and stored can after a period of between two to four hours, have increased levels of bacteria in them, which may be harmful to your child. The College cannot provide cold facilities to store lunch boxes and cannot take legal responsibility for foods prepared at home and then brought into College.

In addition, the College requests that parents do **not** include the following items in packed lunches:

- Sweets (including Winders), chocolate confectionery, although **one** chocolate covered biscuit is acceptable.
- Fizzy drinks/sugary drinks/High Energy drinks should never be consumed in College
- Sweet cakes, e.g. sugary cakes, doughnuts, although low fat/low sugar varieties are fine.
- Foods containing any nuts.
- Although the British Nutritional Foundation state that no crisps and packeted savoury snacks should be eaten because they are high in salt and fat, we feel this is unrealistic and ask instead that parents should, at least, be limiting children to 1 or 2 packets a week, and preferably fewer, and that they choose the lowest fat varieties.

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#### **5. Water**

Water Research has shown that the intake of water is linked to good health, better concentration and increased attainment.

The College encourages students to drink water at frequent intervals throughout the day. The College has a number of chilled water units available and students are expected to fill water bottles during break and lunchtimes.

#### **6. Curriculum**

Compulsory lessons in cooking will be provided for all children until the age of 14, as required by the Department for Education. The College will include work associated with healthy balanced diets in its curriculum.

#### **7. Gifts and Prizes**

We do not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Unhealthy foods (high fat and/or high sugar) will **not** be used as rewards for student or class achievements. The College will use a range of non-food rewards for this purpose.

In certain circumstances, the College may choose to allow foods to be eaten in support of the teaching of food from different cultures/ times or for students to sell cakes in order to raise funds for charity or towards College funds.

#### **8. Special Dietary Requirements**

##### Vegetarians and Vegans

The College offers a range of vegetarian and vegan options at break and lunch every day

##### Food Allergy and Intolerance

Parents are expected to inform College about any food allergies or special dietary requirements that their child may have. Information relating to individual needs should be discussed with the parents prior to the child starting College. Individual care plans will be organised by the Medical Room Assistant. These plans will document symptoms and medical / allergic reactions and actions to be taken in an emergency, including emergency contact details. Our Catering team leader will be made aware of any students with food allergies/food intolerance and will work with students and their parents to provide food in College

##### Penitential Days

The College does not serve meat on Fridays, nor on Ash Wednesday, in line with the teaching of the Catholic Church, Canon Law 1250-1253, which designates these as Penitential days.